Nebraska Wesleyan University

HHP 1250 Health and Wellness

Catalog

2019-2020

Course Description

A course designed to enable students to develop a concept of total health and fitness such that the student can attain a degree of physical well-being consonant with each student's unique abilities. The experiences in this course will focus on maintaining physical activity across the entire life span in order to promote life-long physical well-being. Specific topics include nutrition, cardiovascular endurance, body composition, muscular strength and endurance, muscular flexibility, behavior modification, stress management, and disease prevention.

Course Hours

2 hours

Departments

1. Health and Human Performance